



Thank You for Completing the Fleet and Marine Corps Health Risk Assessment



You rated your health as Good. Personal perception about how healthy you are is usually quite accurate. Your Personal Health Risk Appraisal Report identified 6 risk categories from the answers you provided that relate to overall health, which places you in a **HIGH** risk group. Numbers of risk factors have been shown to predict future health care use and health care costs. It is important for individuals to move toward the "low risk" category by reducing the number of behavioral risks, and for those already at low risk, to avoid increasing the number of risk factors over time.

<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 5px;">High Risk</td> <td style="padding: 5px;">= 5 or more risk categories</td> </tr> <tr> <td style="padding: 5px;">Medium Risk</td> <td style="padding: 5px;">= 3-4 risk categories</td> </tr> <tr> <td style="padding: 5px;">Low Risk</td> <td style="padding: 5px;">= 0-2 risk categories</td> </tr> </table>	High Risk	= 5 or more risk categories	Medium Risk	= 3-4 risk categories	Low Risk	= 0-2 risk categories	<p>You reported 6 categories, which places you at HIGH risk.</p> <p>The categories you scored "unhealthy" on included:</p> <ul style="list-style-type: none"> • Body Mass Index • Tobacco Use • Alcohol Use • Stress Management • Nutrition • Sleep
High Risk	= 5 or more risk categories						
Medium Risk	= 3-4 risk categories						
Low Risk	= 0-2 risk categories						

Body Mass Index— *Overweight*

http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm

YOUR BODY MASS INDEX = 28.44.

Both obesity and being underweight are related to increased risk of disease and death. Among most Americans, BMI is a reliable indicator of total body fat. It is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems. Limitations of BMI are that it may overestimate body fat in athletes and others who have a muscular build or underestimate body fat in individuals who lack lean muscles mass. The BMI will be an invalid measurement for pregnant females.

TOBACCO USE— *Some days* <http://www.nlm.nih.gov/medlineplus/smoking.html>

Smoking occasionally may present a lower risk of disease. However, there is no "safe" amount of smoking. Quitting entirely should be less difficult for you than for a daily smoker. You are in a good position to become smoke-free.

TOBACCO USE— *Every day* <http://www.nlm.nih.gov/medlineplus/smokelesstobacco.html>

Using smokeless tobacco is very dangerous. About 9% of Sailors and over 20% of Marines use smokeless tobacco. Smokeless tobacco may not cause lung cancer, but direct contact with at least 28 known cancer-causing agents leads to cancer of the mouth, throat, voice box, and esophagus. Your military dentist will check your mouth for signs of gum disease and pre-cancerous lesions during your annual checkup and can assist you in quitting.

ALCOHOL USE— *1-2* <http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Enjoy your beverages and drink responsibly. Moderate intake of alcohol has not been shown to be a risk factor for disease.

ALCOHOL USE— *Once or twice per year*

<http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

Many Sailors and Marines occasionally drink more heavily than usual during celebrations or special

events. Plan ahead to avoid alcohol-related incidents. DUIs will put your career in danger.

 **ALCOHOL USE**— *Rarely (i.e., not in the past 6 months, but at least once during the past year)* <http://www.nlm.nih.gov/medlineplus/alcoholconsumption.html>

You could be placing yourself, other motorists, and pedestrians in danger if you drink and drive. Over 20% of all motor vehicle fatalities each year in the U.S. are caused by drunk drivers. Your body takes about an hour to get rid of each alcoholic drink in your system. Most drunk drivers mistakenly believe they can avoid accidents. Let someone else drive or call a cab.

 **INJURY PREVENTION**— *Always* <http://www.nhtsa.dot.gov/people/injury/airbags/Seatbelt%20Broch%20Web/nonpolice.html>

By always using your seat belt, you decrease your risk of serious injury or death after an accident by about 50%.

 **INJURY PREVENTION**— *Most of the time* <http://www.nhtsa.dot.gov/people/injury/pedbimot/motorcycle/helmets.htm>

If you ride these vehicles in the future, a helmet will provide significant protection against head injury and death. A large portion of medical, disability, and rehabilitation costs from these head injuries are paid for by the general public.

 **INJURY PREVENTION**— *Most of the time* <http://www.cdc.gov/niosh/homepage.html>

You may be exposing yourself to harmful occupational exposures that can result in injury and disease whenever you fail to use appropriate safety equipment. Safety equipment is the last line of defense when hazards cannot be eliminated or controlled.

 **STRESS MANAGEMENT**— *Somewhat satisfied* <http://www.nlm.nih.gov/medlineplus/stress.html>

You are only somewhat satisfied with your life. Life satisfaction is a common goal that we as human beings strive to achieve. Work, relationships and social activities can all contribute to life satisfaction. Look to these sources for improving your level of satisfaction.

 **STRESS MANAGEMENT**— *Most of the time* <http://www.nlm.nih.gov/medlineplus/stress.html>

Chronic stress in your work or at home may increase your risk of cardiovascular disease and impact on your personal and professional relationships. Problem-solving or discussing possible solutions with someone else may help reduce or eliminate some of your stress.

 **STRESS MANAGEMENT**— *Most of the time* <http://www.nlm.nih.gov/medlineplus/stress.html>

Expressing your feelings can help you see that you are not alone in how you feel. Talking with others can also provide you with strategies to successfully manage your concerns.

 **SEXUAL HEALTH**— *I am in a long-term relationship where we only have sex with each other / I am not sexually active* <http://www.ashastd.org/sitemap.cfm>

People who are mutually monogamous or are not sexually active are at lowest risk for any sexually transmitted disease.

 **PHYSICAL ACTIVITY**— *4 weeks per month* <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.htm>

To promote and maintain health, all healthy adults aged 18-64 years need moderate-intensity aerobic

activity for a minimum of 150 minutes each week or vigorous-intensity aerobic activity for 75 minutes each week. Combinations of moderate- and vigorous-intensity activity can be performed to meet this recommendation. Exercise sessions can be broken up into as little as 10 minutes at a time.

PHYSICAL ACTIVITY— 2 days per week

<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. There are many ways you can strengthen your muscles, whether it is at home or at the gym. To gain health benefits, muscle-strengthening activities need to be done to the point where it is hard for you to do another repetition without help.

NUTRITION— 3-5 days a week <http://www.hsph.harvard.edu/nutritionsource/fats.html>

You do not eat a large amount of high-fat foods. Some fats are essential for healthy cells and nerves, providing an energy supply, and promoting absorption of the fat-soluble vitamins A, D, E, and K. Select foods low in saturated fats, trans fats, and cholesterol; eat plenty of grains, vegetables and fruits; and choose low fat milk products and lean meats.

NUTRITION— One <http://www.fruitsandveggiesmatter.gov/>

The national goal for Americans is to consume at least two servings of fruits per day. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity.

SUPPLEMENTS— Never http://dietary-supplements.info.nih.gov/Health_Information/Health_Information.aspx

People choosing to supplement their diets with herbals, vitamins, minerals, or other substances need to know about the products they choose so that they can make informed decisions about them. The choice to use a dietary supplement can be a wise decision that provides health benefits. However, under certain circumstances, these products may be unnecessary for good health or they may even create unexpected risks or interact with medications. It is wise to ask your physician or pharmacist before taking supplements.

DENTAL— Daily <http://www.ada.org/public/topics/cleaning.asp>

You are to be commended for flossing your teeth daily. Daily flossing is recommended to remove plaque and food particles from between the teeth and under the gum line, which prevents gum disease, tooth loss, decay, and bad breath. In addition to flossing, the American Dental Association recommends brushing your teeth twice a day with fluoride toothpaste to achieve good dental health.

NUTRITION— Two <http://www.fruitsandveggiesmatter.gov>

The national goal for Americans is three servings of vegetables per day, with at least one being a dark green or orange vegetable. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help you from chronic diseases and can make weight control easier. The actual number of cups of fruits and vegetables needed daily also depends on an individual's age, gender, and level of physical activity.

SLEEP— Sometimes http://www.nhlbi.nih.gov/health/public/sleep/pslp_fs.htm

People who get enough restful sleep are able to concentrate on their activities, have more energy, and generally feel better. For many people with busy schedules, it is important to set aside enough time for sleep and to avoid issues at bedtime that can interfere with sleep. Talk with your physician if you are

frequently unable to achieve restful sleep.

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